

Course: Fundamentals of Kayaking – ACT 177 01
Location: The Grizzly Pool, the Clark Fork River and the Blackfoot River
Days and class time: Aug 29th (mandatory meeting at the Grizzly Pool at 1pm), Sept 5, 12, 19 (1-3pm at the Grizzly Pool), Aug 26th (East Missoula eddy on the Clark Fork River 1-4pm) and Oct 3rd (town run on the Clark Fork River 1-4pm) and October 5th (9am-4pm, on the Blackfoot River). For all classes, we meet at the Grizzly Pool unless specified otherwise.

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Overview: ACT 177-01 is an introduction whitewater kayaking.

- Objectives:**
1. Learn the parts and pieces of a kayak, paddle and skirt.
 2. Learn how to do a wet exit, a t-rescue, proper paddling strokes, braces, and a kayak roll.
 3. Learn how to tie boats on a trailer
 4. Learn how to read whitewater – recognize river features such as: eddies, downstream v's, holes, waves, pour over rocks, strainers, etc.
 5. Learn paddle signals, swimming position, peel outs, eddy turns, ferries, how to scout a rapid, river classifications, what makes a rapid, etc.
 6. Have lots of hands on practice and coaching in this class!

Requirements (attire, equipment, etc.):

Griz Card: All students must have their Griz Card every day to enter the Grizzly Pool. Any student denied access to the Grizzly Pool for any reason will be marked absent for the day.

Attire: *For the pool sessions*, a bathing suit and quick drying shorts are good to wear. Bringing a towel and a change of clothes is advised as well. Goggles and nose plugs are an option and encouraged to minimize anxiety under water.

For the river days, you need to bring a bathing suit, long underwear for your top and bottom, a fleece top, a wet suit, paddle jacket, neoprene booties, a PFD (personal flotation device), helmet, a warm hat, a dry change of clothes, lunch and water. Do not wear and cotton, it stays wet and does not wick water. PFD's, helmets, wetsuits, paddle jackets and booties are supplied for the river trip through the Outdoor Program. Individual students should reserve and pick this gear up at the Outdoor Program the week before the field trip to guarantee the availability of this equipment. Students are responsible for this gear and will have to fill out a rental form and leave a deposit for this equipment. The equipment should be returned by 11 am the following Monday. You may not return it on the weekend of the river trip, as the Outdoor Program closes at 2pm on weekends and we get back closer to 4pm.

Equipment: Kayaks, paddles, skirts, PFD's, helmets, flotation bags for the kayaks, wetsuits, booties, cam straps and splash tops.

Grading/Attendance: All students are allowed 6 hours of absences during the semester without jeopardizing their credit. All absences count as such, even if for documented medical illness/injury, family emergency, sleeping in, missing class to study for a test, University of Montana sponsored events, personal days not recognized by UM, or staying out too late the night before. In other words, **WE DO NOT EXCUSE ABSENCES FOR ANY REASON. It is strongly recommended that students plan ahead and save their 6 hours of allowed absences for minor illnesses or other unexpected events that may occur during the semester.** Missing 7 or more hours will result in a grade of “NCR” (No-Credit). Due to the large number of ACTivity Classes and limited facility availability **we do not offer make-up classes or other alternatives to making up for missed hours (papers, reports, etc.).**

Punctual attendance and appropriate attire is required of all students. Students are required to be dressed out and ready to participate at the beginning of class, and participate for the duration of the class. Any student that is unable to participate for the duration of the class due to late arrival, early exit, or inappropriate attire will be marked absent for that hour. Students should plan accordingly to meet these requirements. ACTivity Class Instructors have the independent authority to allow their **entire class** no more than 5 minutes of flexibility at the beginning OR at the end of class, depending on the course constraints.

Each registered student voluntarily and knowingly assumes the risks inherent to the activity in which they are participating. If a student experiences a significant event (for example, a **documented extended** illness, major injury, or the death of an immediate family member) and cannot complete the minimum participation and attendance requirements, the ACTivity Class Director will assist the student with class withdrawal or work with the student to complete a “Petition to Extend Allowed Absences”. Students should consult their instructors immediately if they have special needs related to their attendance. **Petitions to Extend Allowed Absences are not permitted after the last instructional day prior to finals week**, and are available from ACTivity Class Instructors, McGill Hall 117, or the HHP website at;

http://coehs.umt.edu/departments/hhp/activity_classes/petition/default.php

A note from the Curry Health Center or other medical provider that serves as documentation that a student missed class due to a minor illness or routine appointment will NOT be considered an “excused” absence. It is still an absence and will count towards the 6 hours of allowed absences each student receives for the semester. Students cannot petition to extend absences when missing a single ACTivity Class for any reason. Missing a single ACTivity Class will count towards the 6 hours of allowed absences each student receives for the semester.

Accommodations: The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and Disability Services for Students (DSS). If a student thinks he/she may have a disability adversely affecting their ACTivity Class participation or attendance, the student should contact DSS in Lommasson 154. The H²PAC Program may be able to work with the student and DSS to provide an appropriate accommodation. A student needing an accommodation for another reason should immediately notify the ACTivity Class Director; hence options for an accommodation that will not substantially alter the fundamental objectives of the course can be explored.

Any student requesting ACTivity Class accommodations for a religious observance should provide the ACTivity Class Director with a written request to consider a reasonable modification for that observance by the end of the second week of the ACTivity Class. If the Department of Health and Human Performance and the student cannot agree on a reasonable accommodation, the student may file a complaint with the Office of Equal Opportunity and Affirmative Action/Title IX Coordinator at 243-5710; www.umn.edu/leo

Safety: Let Elizabeth or the other instructors know if you have any preexisting injuries or if you’re pregnant. Immediately report any in-class injuries to Elizabeth. It is very important to listen to and follow all of the safety procedures you are taught in your class.